

## 2. Back Float & Face Float.

1. Assume bk. float pos. A's horiz.
2. Push lt. A again water, turn A & shld. to lt.
3. At same time swing lt. A out over water.
4. Finish w both A's extend. fwd & B. on face.



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## 3. Face Float & Right Side.

1. Bring lt. A which is extended fwd. down to side of B & at same time turn lt. B. & look bk. over lt. shld.
2. About turn lt. 2 far. or lt. A. back beyond lt. side

## 5. Elementary Back Stroke.

\* All strokes - fingers together, thumbs close, hds support.

### A. Hand Drill for Arms -

A. St. rec'd. A's close 2 side & chin in.

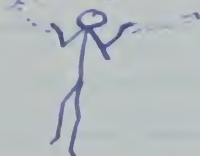
Round 1. - Hds 2 shlds. Elb bk & close 2 B. finger point down. til hds reach shlds, then finger pt. diag. outward & upward.



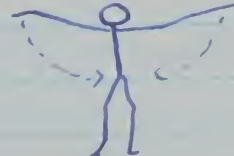
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Round 2. - Ext. A's diag. outwd  $\frac{1}{2}$  between horiz & upwd. pos.

3. Pull A forcibly 2 sides. Pause at end of pull.

### B. Hand Drill for legs.

Sit down & lean upper body bk on hds.

Round 1. - Keep l's straight & together - toes pointed.

2. - Draw l's up. k's together - spread toes.

3. - spread l's easily apart - toes leading.

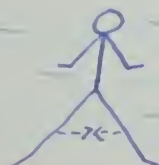
From spread position drive the legs forcibly together. Hold l's together, toes extended, pause after time. 480



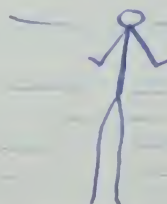
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### C. Practice A's & L's Together on Land.

St. w/ft. together & A's at side. Practice A & B using 1 h. & 2 A's as follows:

Ex I - Keep L's still. Move A's 2 Shlds. as described.

Ex II - Bd 1 h turn. L's outwd. Move A diag to  $\frac{3}{4}$  rear pos.

Ex III - Move L outwd. & bring it w snap 2 other L's & some time pull A's to sides. Hold pos. w A's at sides & L's together. 15", L's then other.

Breathing - Inhale thro' mouth while resting w A's at sides & L's together. Exhale while doing stroke.

### 2. Water Skill.

1. Practice whole movt in water start from bk. floor.

#### A. Arms -

1. Take float pos. supporting L's. by grasping gutter rail with toes or by having another hold ft.

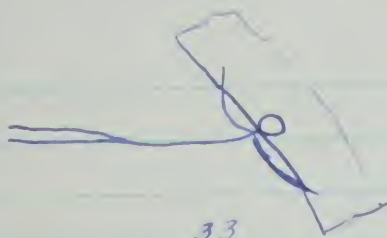
2. Concentrate on A. movements only.

#### B. Legs -

1. Face centre of pool, grasp gutter rail w hds. over shlds. & extend L's fwd.

2. Concentrate on h movt only





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### The Proper Position of Body.

1. Keep B. straight.
2. Keep chest up. H. well set & chin in.

# Swimming Analyzed.

Gertrude Foster

## The Stroke -

### 1. The Kick -

1. Six beat mostly used.
2. Straight kick - motions narrow & even, thrust unbroken. Has no accent in timing.
3. Avoid 2 vigorous a kick: ones stiffer move outward.
4. In 6 beat kick - emphasize 1<sup>st</sup> & 4<sup>th</sup> beats.
5. No. counted on down. drive of each L. 1-2-3 on pull of 1 A. & 4-5-6 on recovery on same A.

### 2. The Arms -

1. A. work alt - pulling while other recovers <sup>than B.</sup>
2. A. enters wat. well in front of B. w. h. slightly higher
3. Pull starts w. h. & is directed towards B.
4. As A comes 2 surface h. relaxed & lifted w. palm turned slightly outward.
5. Then moved fwd. over water.
6. After h. passes shld. line should be extended fwd. in front of B. with el. slightly higher than h. ready for entry.

### 3. Body Position -

1. B. side water in plane pos. w. H. legs straight.
2. Shld. level as possible.
3. Under shld. will be lowered when H. turned 2 inhale but top shld. should not be lowered.
4. Rolling B 2 much is a fault.

### 4. Breathing -

1. Inhale once every complete A cycle & always on same side
2. For short sprints no. of inhalations should be cut down.



### 5. Practice -

1. Stroke practiced slowly.
2. Too fast emphasis on faults
3. Practising in ~~stroke~~ <sup>early</sup> flutter boards may be used w swimmers on their alone.
4. To practice A's, lie h's 3-4 times slowly & work on A's.

## Swimming.

Victor E. Lawson.

### Swimming For Children:

1. Inspire confidence by playing in water.
2. Enter water waist deep with child on your back.
3. Speak to him while doing this.
4. Bend slowly so to cover child's head.
5. After awhile get so face submerged.
6. Start land drill - Breathing. In thro' mouth.
7. Ex. later close - air out thro' nose.
8. Practice till natural & rhythmically.
9. Place across chin or sand. Thrust. A few. as if waving.
10. Withdraw, try with other - alt. Withdraw at hip.
11. L's almost straight, legs turned in a bit, 3' apart move gently up & down.
12. From hips with slight play at knees.
13. Relaxed mount of ft & A's.
14. Thrown let alone in water.
15. Use hands, then wings - releasing soon.
16. Instinctively master "puppy paddle".

### "The Modern American Crawl Stroke."

Three Actions - 1. Leg. 2. Arm. 3. Breathing

#### I. Leg -

1. 6-beat kick - 3 up & down mounts of each leg to a complete cycle of 1's.
2. Legs 1" apart - equal amt. of strength.
3. " straight but loose.
4. Toes pointed - in a slightly.
5. Knees or ankles. not bent.



6. When kicking ft not break surface of water.
7. Strong leg drive desirable.

### II Arms.

1. Forearm & hd. form a straight line, palm down & flat, fingers closed.
2. Elbow out higher than hds. Look st. eye.
3. Extend st. A a comfortable dist. in front on line.
4. Pull hd. & A fwd. so elbow abt til reaches hip.
5. As hd. pulled out of water turn palm toward body, but when emerged turn palm down, relax hd. til ready & then pull.
6. Head pull & emerging speedily as possible.
7. As st. hd. reaches hip, st. hd. start fwd.
8. About 1/2 in. A 2 high place 1 in. int. should dist. in front of st. hd. A glide fwd. under water a space. Head straight & then pull back. hand & up.
9. Body straight - back slightly arched.

### III Breathing:-

1. Practice in & ex taking in saltiness of ocean.
2. Inhale thru mouth upon each complete cycle of A's.
3. As hd. cuts water turn & loosely & side following A on wave, open mouth & suck in air.
4. As other hd. reaches fwd. turn & back, eyes open & empty, keep gently but completely thru nose.
5. When inhaling turn only hd. not entire B.

# Swimming

Davies

## Chp. II - Fundamentals

### A - Courage

1. Confidence in instructor. Believes in ability.
2. Encouragement.
3. Start in group work - holding hds. of neighbours.
4. Head-face float, Tuck float, Elem. Bk. stroke.
5. Rudimentary strokes coordinated.
6. Endurance by crossways in shallow wat.
7. Swimming in deep wat. Start at 1<sup>st</sup>. & shallow.
8. Guard not to fear peril.

### B - Breathing

1. Rhythmically on every complete stroke.
2. Not too deeply. - easy normal breaths.
3. Exhale after turning H. for air.
4. Inhalation thro' mouth, lips easily apart.
5. Exhalation " nose, or lips.

### C - Body Balance

1. W. beginners little required. determined by natural buoy.
2. Means - relation of H. Bk. H's L's. & water level.

#### Faults

1. H. 2 low in wat. or held 2 high. - 2 up is not bad L & B.
2. Bk. too hyperextended curve - set at hips. B. on 2 diag. line.
3. Rolling B from side 2 side.
4. L's hang down - wide apart - set at knee.
5. H's pulling from slow surface 2 it bends & submerged & overbalanced.

Corrections - D. in easy, horizontal straight line - no motion in wrong direction & pull out of Bal.



## D- Stroke Analysis.

Pair or Pair- whole or all hole.

## E. Coordination.

Methods - 1. Teacher know whether whole or pair- whole.

2. Whole - Stroke as whole - demonstration & allow class to try it.
3. Analyzed after.
4. Pair- whole - Stroke dissected, work each & then co-ord. to whole.
5. This should come easily as knowing other above parts.

## Method of Presentation (Chp. II)

### 4. Beginners

1. Simple group work - kds joined, walk across pool, ducking in open.
2. Breathing Ex.
3. Free Float - preceded by leading correct use.
4. Modified Crawl.
5. True Float - preceded..
6. Elementary Back Stroke.
7. "Sitting fall-in".

## The Crawl

Review.

### Analysis -

#### I. Body Position and Balance.

1. B. in prone pos. straight line from H & toe, slightly diag. in wat. - h's lower than H.
2. Head on bk. just below shld B., slight throwing bk. of H.
3. No bd. in neck, hips or knee.
4. Face cuts wat. any place from lower part of H & chin.
5. Slight roll & breathing.

#### II. Arms -

1. A drive & recover alt.
2. Rt A palm down & hd cupped, 4A hand down from alb. so finger and wat 1", elb slightly sl. enters wat. to depth of 1", grasping wat & then starts its drive.
3. Drive contin' til A ready to come & recovery, completes  $\frac{1}{2}$  stroke.
4. Greatest force during centre  $\frac{1}{2}$  of driving an. Po - slow shld & slow wrist.
5. Hd. enter wat. ahead of shld - never across.
6. As drive ends palm turns on slightly toward B.

#### Recovery -

1. 4A so comes out - little finger side up, elb bk + out of hd.
2. Elbow high pt. - 4A & hd completely relaxed.
3. A straightens out & side & swings around in wide arc to drive pos. slowly rotating this out this motion 2 palms down pos  $\overline{\Omega}$  -
4. 4A. no el. high swings fwd. from palm up pos & palm down pos, finger tips leading & so flexes fwd & drive pos.

#### "Crawl" Position -

1. In finishing recovery - Hd. & A ready & grasped in "crawl" pos.
2. H. must not reach ahead & wat. & make shld go out of line.
3. Coordinate A with other - drive R, recover L. then immed. drive L & recover R.